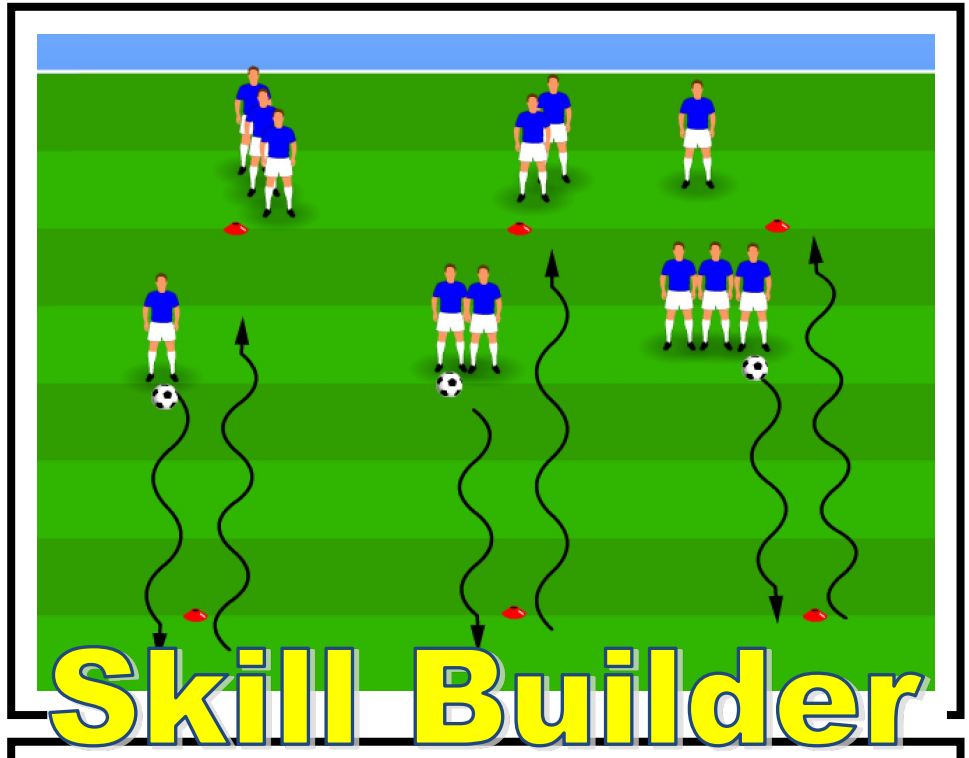


Warm Up

React (Throw-Catch) Instruction

- The RED player starts with the ball in hands and can move around the square freely carrying the ball. The BLUE player will follow the RED player around.
- The RED player throws the ball over head height at any time and MUST bounce before the BLUE player can catch it.
- Once the BLUE player catches the ball after one bounce, they can move around the square with the ball and throw it over head height and the RED player is trying to catch the ball.



Skill Builder

Chain Gang Relay Instructions

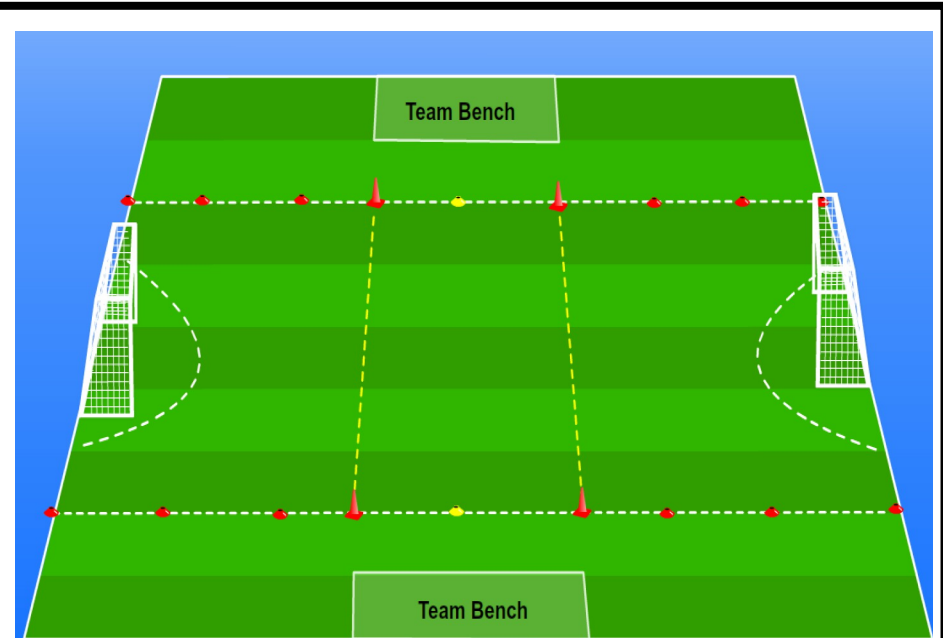
- Players are placed into 2 - 3 even groups. Place two cones about 15 yards apart. The first player dribbles a ball up the channel, around the cone, and back to their teammates.
- For the first round, perform this activity with one ball. For the second round, every player in the chain has a ball they must dribble with.
- The starting player then links arms with the second player on their team and they dribble with one ball up their lane, around the cone, and back to their teammates.
- Each time the players get back to the starting cone, an extra player joins the chain gang until all the players are in the chain.
- The whole team must negotiate the course and the turn without breaking and keeping their ball under control.



Game Based Learning

1v1 Cone Soccer Instruction

- Organize the players into groups of 2 with 1 Pylon and 1 Soccer Ball.
- The objective of the game is for the RED player to keep the ball away from the BLUE player and try to knock over the pylon.
- If the BLUE player wins the ball from the RED player, they are also looking to knock over the pylon.
- If a goal is scored, the player that got scored on gets the ball and the pylon is reset to a standing position.



Game Play

Substitutions

Play must be stopped approximately every 3 – 4 minutes to allow for substitutions. Changes on the fly are not permitted.

It is strongly recommended that complete line changes are done if there are enough players, and that players are rotated through the sweeper-keeper position every 2 – 3 rotations, **NOT EVERY SHIFT CHANGE.**

Sweeper-Keeper Clearances

Once the sweeper-keeper has the ball in the hands, then the player of the other team must drop off 5 yards. The Sweeper-Keeper is allowed to place the ball on the ground within the goal area, and either kick the ball out or dribble the ball out.

4 Up-1 Up Rule

If a team is leading by 4 goals or more, the opposition may add a player to the field of play.